

STARS 'N' STRIPES

THE RESIDENT NEWSPAPER OF THE IOWA VETERANS HOME

By the residents, for the residents.

MISSION STATEMENT:

"To disseminate information regarding

May 2008- Volume 6, Issue 5

Publication by residents of the Iowa Veterans Home,

Short Biography Thomas Jefferson

By Mark Kressig

In the thick of party conflict in 1800, Thomas Jefferson wrote in a private letter, 'I have sworn upon the altar of God eternal hostility against every form of tyranny over the mind of man.' This powerful advocate of liberty was born in 1743 in Albemarle County, Virginia, inheriting from his father, a planter and surveyor, some 5,000 acres of land, and from his mother, a Randolph, high social standing. He studied at the College of William and Mary, then read law. In 1772 he married Martha Wayles Skelton, a widow, and took her to live in his partly constructed mountaintop home, Monticello.

Freckled and sandy-haired, rather tall and awkward, Jefferson was eloquent as a correspondent, but he was no public speaker. In the Virginia House of Burgesses and the Continental Congress, he contributed his pen rather than his voice to the patriot cause.

As the 'silent member' of the Congress, Jefferson, at 33, drafted the Declaration of Independence. In years following he labored to make its words a reality in Virginia. Most notably, he wrote a bill establishing religious freedom, enacted in 1786.

Jefferson succeeded Benjamin Franklin as minister to France in 1785. His sympathy for the French Revolution led him into conflict with Alexander Hamilton when Jefferson was Secretary of State in President Washington's Cabinet. He resigned in 1793.

Sharp political conflict developed, and two separate parties, the Federalists and the Democratic-Republicans, began to form. Jefferson gradually assumed leadership of the Republicans, who sympathized with the revolutionary cause in France. Attacking Federalist policies, he opposed a strong centralized Government and championed the rights of states.

Continued on pg. 2

As a reluctant candidate for President in 1796, Jefferson came within three votes of election. Through a flaw in the Constitution, he became Vice President, although an opponent of President Adams. In 1800 the defect caused a more serious problem. Republican electors, attempting to name both a President and a Vice President from their own party, cast a tie vote between Jefferson and Aaron Burr. The House of Representatives settled the tie. Hamilton, disliking both Jefferson

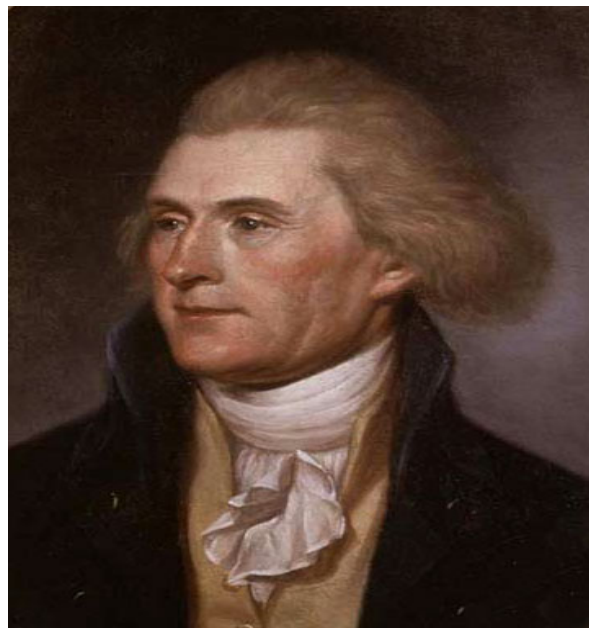
When Jefferson assumed the Presidency, the crisis in France had passed. He slashed Army and Navy expenditures, cut the budget, eliminated the tax on whiskey so unpopular in the West, yet reduced the national debt by a third. He also sent a naval squadron to fight the Barbary pirates, who were harassing American commerce in the Mediterranean. Further, although the Constitution made no provision for the acquisition of new land, Jefferson suppressed his qualms over constitutionality when he had the opportunity to acquire the Louisiana Territory from Napoleon in 1803.

During Jefferson's second term, he was increasingly preoccupied with keeping the Nation from involvement in the Napoleonic wars, though both England and France interfered with the neutral rights of American merchantmen. Jefferson's attempted solution, an embargo upon American shipping, worked badly and was unpopular.

Jefferson retired to Monticello to ponder such projects as his grand designs for

the University of Virginia. A French nobleman observed that he had placed his house and his mind 'on an elevated situation, from which he might contemplate the universe.'

Jefferson wished to be remembered for 2 things, the Declaration of Independence and the foundation of Virginia University. He died on July 4, 1826.



Tales From Our Future

By Mark Kressig

One day a man was walking down a street when he fell into a large hole! After trying everything he could think of to get out, he realized he needed help. The only thing left was to yell for help. A doctor walked by and heard his plea for help, so the doctor looked into the hole and asked him what the trouble was.

The man replied he was stuck in this hole and he couldn't get out. The doctor said I will do what I can, and proceeded to write him a prescription to get out of the hole threw it in the hole and walked away. The prescription did not work, so the man began to yell for help again.

This time his pleas were heard by a minister passing by. The minister looked in and inquired as to the man's trouble, to which he replied I am stuck in this hole and can't get out. The minister said I will write you a prayer, and threw it in the hole. The man read the prayer, but was stuck in the hole, so once again began to yell for help.

This time his call was heard by a veteran walking by, to which the veteran looked into the hole and said, "What is your problem?" the man answered I am stuck in this hole and I can't get out, before he was finished the veteran jumped

into the hole. At that point the veteran responded, yes we are, but I have been here before, and together we can get out! Just remember a true patriot defends! Feel free to email me at:

zmark@hotmail.com



Statehouse Issues



*By Mark Smith,
State Representative*

Dear Friends at IVH:

We have had a couple of very good "town meetings" over the past two

months. A number of you have attended these meetings and have expressed concerns you have about the Smoke Free Act of 2008 which will ban most indoor smoking in public places in Iowa. There is an exemption for the Iowa Veterans Home and efforts are underway to determine what the smoking policy will be for the Veterans Home. One issue that arose during my May meeting is that a number of people do not know when my "town meetings" are held. I attempt to come to the Veterans Home on the fourth Monday of every month. I have been meeting in the Malloy LRC at 9 a.m. on those days. In May, I changed the meeting from the fourth Monday to the third Monday because of the Memorial Day holiday. My next "town meeting" will be June 23 in Malloy LRC at 9 a.m. Let me also mentioned the upcoming dates for

for the next three months: July 28, August 25, and September 22. I have asked Kate Walton from Governor Culver's office to attend the June 23 meeting. While I was at the Veterans Home in May, I couldn't help notice how beautiful the grounds looked that day. A number of you have started your summer gardens. I am very proud of how much pride you take in your home! Best wishes for a great summer. Here is my presidential trivia question for the month: Which two presidents donated their salaries to charities during their service as president?—Mark



Answer: Iowa born Herbert Hoover was a self made millionaire and donated his salary for all of his public service. The second was millionaire John F. Kennedy.

Editorials & Opinions

Is Saying Hello, How You're Doing , Etc. A Thing Of The Past???

By Bill Eilers

Can anyone explain where did hello, how are you, etc. go to? Many times I have heard in the morning while waiting in line to get breakfast, or lunch are the following phrases: Let's go!, Move it, What's taking so long? He/she needs help. They're going, go on! It's quarter after, quit cutting in line, the list goes on. For it some reason our manners have left our way of thinking. But why are we so impatient ? The food will still be there no matter what. It certainly won't disappear in 15 minutes. Sure a person might have a VA trip, or elsewhere to go IVH is not a military base camp to get in and get out.

Just imagine if a visitor were in line for breakfast , and he/she would here all this arguing. It will tell this person that we are setting a bad example. No doubt I will probably will be told that it doesn't concern you, it's none of your business, or you can't tell me how to act. But just think about it folks.

Editorial disclaimer and policies

The views and opinions set forth in the *IVH Stars & Stripes* are those of its editorial staff, correspondents and contributors. They do not necessarily reflect the official position of the Iowa Veterans Home administration, staff or Resident Council; the State of Iowa and its agencies; or any other veterans' organization. IVH residents and those in its community are encouraged to submit their own articles, stories, announcements and photos. If an article is from the internet, book/magazine or another newspaper, written permission from that source is needed before the article will be re-reprinted. Submissions become the property of the editorial staff. All letters to the editor must be signed, or they will not be printed. In certain cases, if requested, names may be withheld from publication. Letters must be no more than 350 words in length. Drop boxes for letters are located in Sheeler, Malloy and Dack halls. **We reserve the right to edit letters and all other submissions for length, grammar, factual accuracy, libel and good taste.** Send all correspondence to Stars & Stripes Office Dack Hall. Submissions also may be sent electronically, via our e-mail address: **ivh-starsnstripes@yahoo.com**—Deadline is 21st of each month. Distribution is 28th of each month.

PARENTAL QUOTATIONS FROM THE 50'S AND 60'S

1. Why ???
2. Tell me the truth young man/lady.
3. What did you do now?
4. I don't believe it.
5. Just you wait.
6. Do you have clean socks on ?
7. Well, I'm waiting...

Humorous Short Stories

By Larry Box/ Malloy 3 North

You Might Be A Redneck If...

Contributed By Mr. Edward Larson

Your relish tray is the hub cap's off the cars in the front yard.

When the hand on the wheel off the car you are driving is your mom's.

When you "THANK" the junk yard salesman for the car warranty you bought for \$20.00 note: It's for one hour/1 mile which ever is first.

Your wife's wedding ring is starting to rust.

Tour underwear is older than your wife.

You've use the bath tub as a punch bowl.

Your favorite meal has a combo number.

Your one call from jail is to another jail.

Those Senior Moments-Words Of Wisdom

If people concentrated on the important things in life, there be a shortage of fishing poles.

Do you realize that in 30 years— we'll have thousands of old ladies running around covered in tattoos.

I've seen it all. Done it all, I just can't remember it all.

My teeth are my own— I have the receipt somewhere.

Forget the health foods I need all those preservatives I can get.

I get blue often— but then I start to breath again.

RETIRED now I can do what I want— as long as its near a bathroom.

You know you are getting old when the candles cost more than the cake.

These days I spend a lot of time thinking about the "Here After" — I go somewhere to get something— then I wonder what I'm here after.

WARNING— never under any circumstances take a sleeping pill and a laxative on the same night.



Farmin' Like It Used To Be

BUTCHERING

By Ken Wilson

Anyone who has had fresh farm meat knows the unique flavor of home grown beef and pork. In the old days each town had a butcher who dressed the animal for the meat lockers.

The first step was to kill the animal with a rifle. This was usually done by firing between the eyes.

The animal was then taken, usually by a manure loader, to the corn crib where it was hoisted up on a block and tackle. The butcher then took the animal's hide off first. The next step was to cut the animal in half with a large hand saw.

The next step was to remove the organs if the farmer wanted then. Personally I couldn't stand eating heart, liver, and tongue. I had an aunt that love organ meats so she got them.

Once the organ meats were harvested the halves were let down and wrapped in what I believe was bed sheets to transport the carcass

in the truck to the meat locker. The locker operator then waited until the carcass was cold in order to start sawing the meat. The first step was usually to cut the carcass into quarters for ease of handling. After that the carcass was cut into the individual parts for wrapping. Once wrapped the meat was stamped with a date and name.

When pork was done it was always a treat to get that first smoked ham. When you got down to the spare ribs you knew you were at the bottom of the barrel and needed to butcher again.



A Reminder From Lisa Purvis: PR/Marketing Director, Legislative Liaison

The next Elected Official Town Hall Meeting will be held on Monday, June 23rd at 9:00 am in the Malloy LRC. Rep. Mark Smith will be available to discuss issues of importance to IVH residents and staff.

The official site for the Iowa Legislature is available at: www.legis.state.ia.us. At this website, you can find up-to-date information on bills passed (and those in process), upcoming meetings of the Legislative Committees and other rulemaking authorities, as well as contact information for all legislators and agency staff.



To All Residents Of IVH

Three representatives from Fisher Control/ Emerson Process Management will be at the Heinz Hall LRC room on June 11th at 10:30 am. to speak to the Living in Balance group and all interested Iowa Veterans Home residents. They will be giving a overview of company history and products produced, and career opportunities available in drafting/ design and production machining. Any questions please contact Fred Lembke, Vocational Rehabilitation Specialist at Ext. 526 And Dave Winjum: Social Worker at Ext. 418



Nutritionally Correct

Cholesterol: The top 5 foods to lower your numbers

Can a bowl of oatmeal help prevent a heart attack? How about a handful of walnuts, or even your baked potato topped with some heart-healthy margarine? A few simple tweaks to your diet — like these — may be enough to lower your cholesterol to a healthy level and help you stay off medications. **Oatmeal and oat bran** Oatmeal contains soluble fiber, which reduces your low-density lipoprotein (LDL), the "bad" cholesterol. Soluble fiber is also found in such foods as kidney beans, apples, pears, psyllium, barley and prunes.

Soluble fiber appears to reduce the absorption of cholesterol in your intestines. Ten grams or more of soluble fiber a day decreases your total and LDL cholesterol. Eating 1 1/2 cups of cooked oatmeal provides 6 grams of fiber. If you add fruit, such as bananas, you'll add about 4 more grams of fiber. Oatmeal is made daily at the Iowa Veterans Home for breakfast. Try some as often as you'd like! **Walnuts, almonds and more**

Studies have shown that walnuts can significantly reduce blood cholesterol. Rich in polyunsaturated fatty acids, walnuts also help keep blood vessels healthy and elastic. Almonds appear to have a similar effect, resulting in a marked improvement within just four weeks. A cholesterol-lowering diet in which 20 percent of the calories come from walnuts may reduce LDL cholesterol by as much as 12

percent. But all nuts are high in calories, so a handful (no more than 2 ounces or 57 grams) will do. As with any food, eating too much can cause weight gain, and being overweight places you at higher risk of heart disease. To avoid gaining weight, replace foods high in saturated fat with nuts. For example, instead of using cheese, meat or croutons in your salad, add a handful of walnuts or almonds. **Fish and omega-3 fatty acids**

Research has supported the cholesterol-lowering benefits of eating fatty fish because of its high levels of omega-3 fatty acids. Omega-3 fatty acids also help the heart in other ways such as reducing blood pressure and the risk of blood clots. In people who have already had heart attacks, fish oil — or omega-3 fatty acids — significantly reduces the risk of sudden death. Doctors recommend eating at least two servings of fish a week. The highest levels of omega-3 fatty acids are in mackerel, lake trout, herring, sardines, albacore tuna and salmon. However, to maintain the heart-healthy benefits of fish, bake or grill it. Notice that IVH is including some new and different types of fish on the menu. Did you try the swordfish, mahi mahi, or tilapia. If you don't like fish, you can also get omega-3 fatty acids from foods like ground flaxseed or canola oil. You can take an omega-3 or fish oil supplement to get some of the beneficial effects, but you won't get all the other nutrients in fish, like selenium.

Continued on pg.16

Poetry Page

Get a life..

Institutions are really not my thing, and
for many of us we had no thing to bring.

Of course some of us brought this and
that, and there were some that couldn't
afford a hat.

Well hell some of us even consider that
I.V.H. is a gift horse in the mouth, but for
me I should have headed south.

In my mind I want something other than
this place, because the longer I stay here
I'm only taking up space.

At my age I refuse to stay here and rot
away, because I have family who wants
me to come home and stay.

I know what some might say, like that's
good for you, but my I have my sisters
what am I to do?

I say that life is like a stray dog looking
for a bone, and when that dog finds it,
he's never alone.

There is a lot of us that can and will find
or start a new life, Even if your trying to
find a girlfriend, boyfriend, husband or
wife.

And all I can say is that I'm glad that this
poem is over, Because I'm going hunting
for a four leaf clover!

By Henry Hubbard

The Law

You know I.V.H. is a place where the Vet-
erans can come and live, but in return its
only right that those who can should give.

It's not about the Town Hall meetings that
you attend, and its definitely not about
the rules that will bend.

I truly find my opinion that we and the
establishment do not have to argue and
fight, because we're all on the side of be-
ing right.

Maybe it's the interpretations of the law is
where we go wrong, and the heated bat-
tles then prolong.

Have we not learned in history that pa-
tience & rewards come to those who
wait ? or should we forge on and choose
the wrong gate.

In my understanding comprehension and
understanding the law should be next, or
should we react completely out of con-
text?

By Henry Hubbard



*GETTING TO KNOW YOU
— OUR STAR VOLUNTEERS —*

By Rose Elsbecker

Featuring Betty Arterburn.

I'd like to take the opportunity to introduce to you Betty Arterburn, one of our winning volunteers here at IVH and a faithful member of the American legion Auxiliary. Betty originally from Missouri.

There, after graduating from high school, she had an interesting job working in a library. But what really kept life interesting at the time, was the fact that she lived in a home for working girls, where she met, fell in love, and got married to the landladies nephew-who just happened to be from the Green Mountain area, right up here near Marshalltown, Iowa in our neck of the woods.

After moving to Iowa, Betty worked as a school secretary for the school in Union, Iowa. She loved working with the kids. Now Betty not only loves working with kids as a volunteer at the library at Franklin School, but she really enjoys her work as a volunteer at IVH. Betty can be found every Wed. down in the Arts & Crafts room. There she enjoys seeing all the fine and interesting crafts that the residents are making at the time. She also just enjoys going down to the gift shop to see the variety they have to offer there.

Betty also likes to spend time talking with the residents, getting to know them, and hearing the fascinating stories and history they have to share. Betty tells us that she hopes that she can make somebody feel important by sending a smile or wave somebody's way, but she tells us it's the residents sending a smile and a wave and a hello her way that really makes her day. She likes to feel that we have talents and something to share. So true! Isn't it great that Betty chooses to share her talents right here at IVH ? If you haven't been down to the crafts room lately, if you go down on a Wednesday, you just might have a chance to try one of her homemade treats, cookies or bars. Homemade treats-now that's a real bonus! Thanks for sharing Betty, and we'll look forward to seeing you soon.



IVH Tractor Show

In Honor Of Oscar Bratland





Chapel Events for June



Videos for June are:

Videos-

Tuesdays at 3:00 pm:

Adam Hamilton-Confronting the Controversies Series;

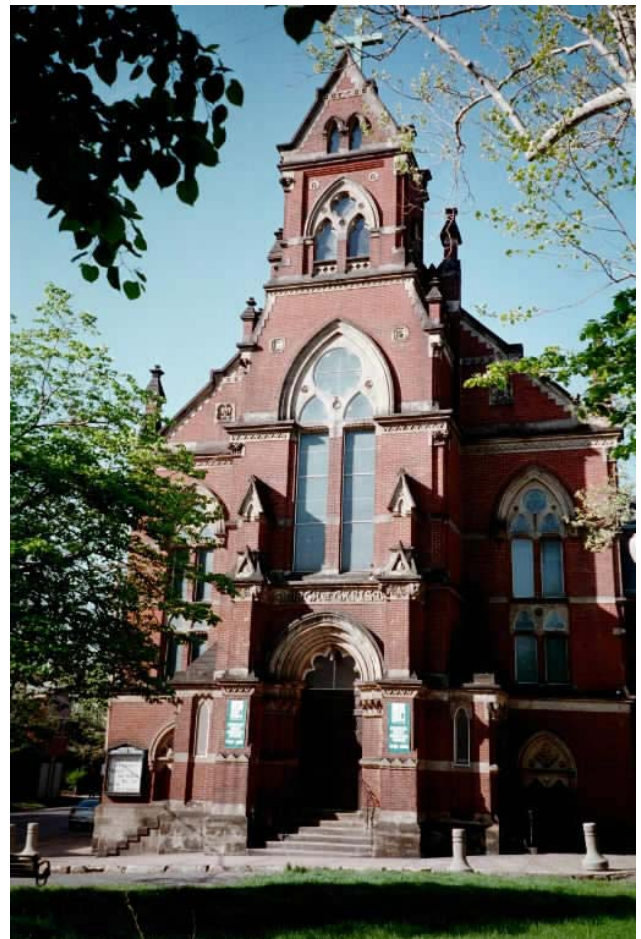
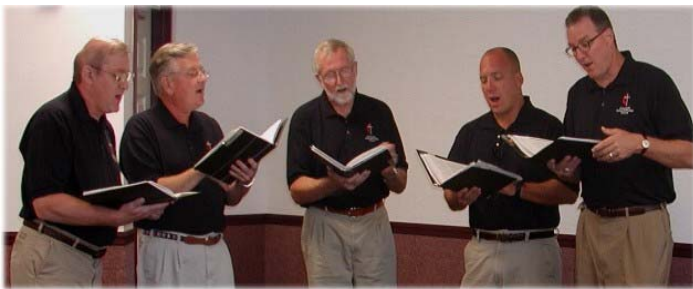
The Separation of Church and State

The Death Penalty

Euthanasia

Abortion

The 2:15 PM. Chapel Service with the Marshalltown Men's Choir on June 22 in the Malloy LRC. We will have extra escorts here to help all who wish to attend. This event is open to resident, families, staff, and friends, who wish to attend.



Midwest Phrases

By Ken Wilson This month's phrase is **"To Lay An Egg"**

This modern slang expression has no bearing whatsoever upon the output of a hen. It means, "to fail; to flop; to fail to produce an intended result." The "egg" in the expression is shortened from the older slang meaning "goose – egg" which in sporting circles means cipher. A nought, a zero, from the resemblance of the outline of the egg to a chipper, 0. In an inning of baseball, for example, the score of a team which has no runs is shown by the figure 0, a cipher. That "team lays an egg."

"Goose – egg" in this sense had retained some degree of respectability by 1885 for in that year it is recorded that the New York Times, in reporting a baseball game, said, "The New York players presented the Boston men with nine unpalatable goose eggs in their contest on the Polo Grounds yesterday." The American usage, however is merely a transference from the British "duck" as the layer of such eggs, for for as readers of earlier, Charles Reades *Hard Cash* will discover, as long as ago as 1863 and earlier, the British were describing one who failed to score at cricket as laying "achieved a duck's egg." Sports writers of today leave the bird nameless.



Tidbits by Marie

By Marie Molloy

Hats off to the people who do the attractive decorating of the showcases in the dinning room. They do a great job. With Memorial Day we were reminded that for under \$10.00 we can order memorial trees to be planted for under \$10.00



Improving Your Vocabulary

Do you know the definitions of these words?

1. Loutish
2. Nepotism
3. Miffed

Answers on back page.

Cholesterol continued from pg.9

If you decide to take a supplement, just remember to watch your diet and eat lean meat or vegetables in place of fish. **Olive oil** Olive oil contains a potent mix of antioxidants that can lower your "bad" (LDL) cholesterol but leave your "good" (HDL) cholesterol untouched. The Food and Drug Administration recommends using about 2 tablespoons (23 grams) of olive oil a day to get its heart-healthy benefits. To add olive oil to your diet, you can saute vegetables in it, add it to a marinade, or mix it with vinegar as a salad dressing. You can also use olive oil as a substitute for butter when basting meat. Olive oil is not something we have experimented with at IVH. Is there an interest among the residents? Some research suggests that the cholesterol-lowering effects of olive oil are even greater if you choose extra-virgin olive oil, meaning the oil is less processed and contains more heart-healthy antioxidants. But avoid "light" olive oils. This label usually means the oil is more processed and lighter in color, not fat or calories.

Foods fortified with plant sterols or stanols Foods are now available that have been fortified with sterols or stanols— substances found in plants that help block the absorption of cholesterol. Currently we do not have these products at IVH, but it is interesting to keep an eye on what's out there. Margarines, orange juice, and yogurt drinks fortified with plant sterols can help reduce LDL cholesterol by more than 10 percent.

The amount of daily plant sterols needed for results is at least 2 grams — which equals about two 8-ounce (237 milliliters) servings of plant sterol-fortified orange juice a day. The American Heart Association recommends foods fortified with plant sterols for people with levels of LDL cholesterol over 160 milligrams per deciliter (4.1 mmol/ L.) **Consider your diet first** Before you make other changes to your diet, think about cutting back on the types and amounts of fats you eat, which can raise your cholesterol. That way, you'll improve your cholesterol levels and health overall.

When cutting fat from your diet, focus on saturated and trans fats. Saturated fats, like those in meat and some oils, raise your total cholesterol. Trans fats, which are sometimes used to make store-bought cookies, crackers and cakes, are particularly bad for your cholesterol levels because they raise low-density lipoprotein (LDL), the "bad" cholesterol and lower high-density lipoprotein (HDL), "good" cholesterol. You should try to limit the number of calories you eat daily to less than 10 percent from saturated fat, and eliminate as many trans fats from your diet as possible.

The information for this article is from Mayo Clinic, Rochester , MN .



Just A Reminder

Auditions for Don Laughlin Music Festival will be held in June and July. To set up a time call Kim Marsh at extension 330.



To All Residents Of IVH

Please do not drop off your shoes, shirts, sticking your chewing gum, etc. on the hand rails that are on the hallways of each unit. This includes Heinz Hall as well. If you do drop of a shirt, etc. while walking and you no longer want your clothing article please give it to a staff person instead. For it reminds us as if one were throwing trash on the sidewalks and street's, and highways. It really gives other staff, residents, and visitors a bad impression. Last, Please do not put your trash , hair nets from dietary in the Stars/Stripes bins. They are for the paper only. Thank You



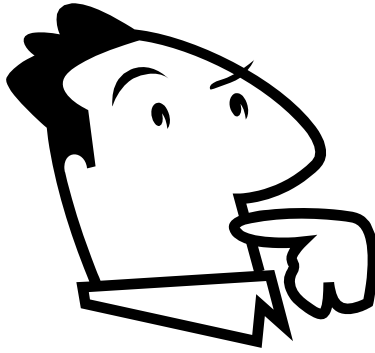
U.A.W. Motorcycle 's And Custom Street Rods



Thinking Out Loud

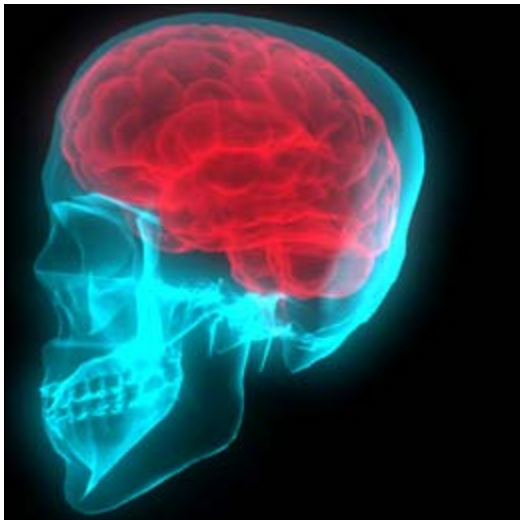
By Ken Wilson

- 1) The tractors are always popular when they show up at IVH because so many of our elderly population used to farm.
- 2) Jerry's Barnyard was a success again this year due to the excellent weather.
- 3) Sounds as if corn planting has been delayed by our many rains.
- 4) The equipment , especially tractors, has changed so much that I would have to have some lessons before driving such an implement,
- 5) It is nothing to see a 32 row corn planter these days
- 6) It is interesting that we sign our editorials with our name but the nasty notes we get in our in box about articles are not signed.



Happy Mother's Day..

TO ALL MOTHER'S HERE
AT IVH THIS GREETING
IS FOR YOU. MANY
THANKS FOR TAKING
THE TIME TO RAISE US,
GUIDE US, AND GIVING
YOUR UNCONDITIONAL
LOVE. THANK YOU.



What's New In The Peterson Library

Books

A New Earth, Tolle, Eckhart

The Winding Ways Quilt, Chiaverini, Jeenifer

Hold Tight, Coben, Harlan

Souvenir, Fowler, Therese

Ever After, Kingsbury, Karen

Heart of Texas. Vol. 3 Macomber, Debbie

The Third Circle, Quick, Amanda.

The Hollow, Roberts, Nora

Phantom Prey, Sandford, John

Santa Fe Dead ,Woods, Stuart

The Shadow of Saganami, Weber, David

Longarm And The Heiress. Evans, Tabor

The Miracle at Speedy Motors, McCall Smith

The Amazing 10,000 Quiz Challenge

Digital Photography, Ang, Tom

The Baseball Chronicle, Nemec, David

Chicago Cubs Yesterday & Today, Wisnia, Saul

Great Disasters In History, Genzmer, Herbert

America: An illustrated History

The Civil War In Photographs, Davis, William C.

Escape, Jessop, Carolyn

The Last Lecture, Pausch, Randy

Standing Tall, Stringer, C. Vivian

DVDs

An American Haunting

Billy Jack

The Bourne Identity

Bourne Supremacy

Bruce Lee Fist of Unicorn

Bruce Lee True Story

Catch Me If You Can

Catwoman

Charlie Wilson's War

Crusade In The Pacific, Vol. 4

Death By Misadventure

The Departed

Elizabeth

End of Days

The Final Season

Flashback

VHS VIDEO

My Cousin Vinny

MUSIC CD

Rhythm & Romance, Kenny G



The Best Of ABBA

SPHRERE



Blue Hawaii

George

Mildred, the church gossip, and self-appointed monitor of the church's morals, kept sticking her nose into other people's business.

Several members did not approve of her extra curricular activities, but feared her enough to maintain their silence.

She made a mistake, however, when she accused George, a new member, of being an alcoholic after she saw his old pickup parked in front of the town's only bar one afternoon.

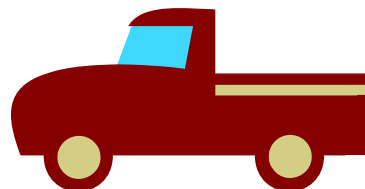
She emphatically told George and several others that everyone seeing it there would know what he was doing.

George, a man of few words, stared at her for a moment and just turned and walked away. He didn't explain, defend, or deny.

He said nothing.

Later that evening, George quietly parked his pickup in front of Mildred's house, walked home and left it there all night.

Don't ya just love ol' George??



Gerhardt's Laugh-Line

The Bank Robber!

A supposedly true story out of San Francisco (but who knows)

A man, wanting to rob a downtown Bank of America, walked into the branch & wrote "this iz a stickup. Put all your muny in this bag." While standing in line, waiting to give his note to the teller, he began to worry that someone had seen him write the note and might call the police before he reached the teller's window. So he left the bank of America and crossed the street to Wells Fargo. After waiting a few minutes in line, he handed his note to the Wells Fargo teller. She read it and surmising from his spelling errors that he wasn't the brightest light in the harbor, told him that she could not accept his stickup note because it was written on a Bank of America deposit slip

**IF YOU READ
THIS PAPER,
YOU ARE
WELCOME TO
WRITE FOR
THIS PAPER!**

Poems, editorials, informative articles, entertaining articles, and photographs of general interest are all welcome!

(All copyrighted material MUST have written per-

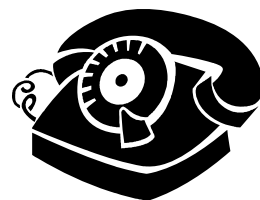
and that he would either have to fill out a Wells Fargo deposit slip or go back to Bank of America. Looking somewhat defeated, the man said, "OK" and left. He was arrested a few minutes later, as he was waiting in line back at Bank of America.



Just a note that the words: iz, stickup, and muny were not typed intentionally. This is how the story was written.

**Our Comment Line is
777. Please call us with
your comments, ideas or
suggestions about the
Stars 'n' Stripes. We'd
love to hear from you.**

*For routine office
calls, Please use
extension 794.*



If you wish to be removed from our mailing list or know someone who would like to be added to our mailing list please contact us at 641-752-1501 ext 794 or email us at starsnstripes@yahoo.com

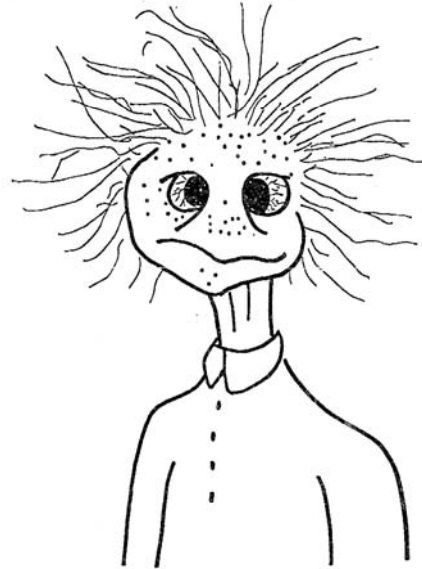
Cartoons and Humor

I THINK
I'M HAVING
STRESS!



Myrna Inman M2N

When I woke up this morning
I had one nerve left,



And you're getting on it!

Myrna Inman M2N



Now that's a pothole.



Ahaa...

Quiet Reflections



Answers to Improving Your Vocabulary

1. Boorish
2. Favoritism shown by somebody in power to relative and friends.
3. A petulant, bad-tempered mood

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A newspaper is not just for reporting news, it's to get people mad enough to do something about it. -- Mark Twain

